

## Donations Needed for Senior Meal Program

Show up at any senior center throughout Utah County weekdays at noon and you will find a multitude of seniors enjoying a hot, delicious and nutritious meal provided through Mountainland Aging and Family Services Department. It is suggested that a \$2.00 donation be made for each meal for those age 60 and older. Those who are 59 and younger must pay \$4.90 per meal. Please call your senior center in advance to make meal reservations.

It is amazing to think that on any day of the week the meal program provides over 400 meals to our senior centers. That does not include the more than 500 meals delivered to homebound seniors through Meals-on-Wheels. The suggested donation amount has not changed in years, but the amount of seniors participating in the program has grown exponentially.

Many seniors have asked "What happens if someone doesn't make that donation?" As with any program that relies on donations to continue running, the meal program could suffer. An eligible senior will not be denied a meal because of their ability to make a donation. In fact, some seniors cannot afford to make a donation. When donations are made by those who can donate, it helps cover the cost of those who cannot; this keeps the program available for all participating seniors.

Occasionally there will be extra food that is available for "seconds" to be eaten on site. If a complete meal is taken as "seconds", we invite you to make another donation.

Whether you can donate the full amount, more or less, please donate what you can by placing your donation in the box that is provided at the senior center.

Another purpose of the meal program is to provide an opportunity for seniors to become socially engaged by participating at the center. The meals are intended to be eaten on site. However, if you or your loved one is homebound and unable to travel to a senior center, and could still benefit from the senior meal program, you can contact Meals-on-Wheels at [\(801\)229-3802](tel:8012293802) to see if you qualify to have it delivered to your home. There is a suggested donation of \$2.25 per meal for home delivered Meals-on-Wheels.

Thank you so much for helping us continue this program.